



Maehnowesekiyah

One Day At A Times

Main Line - (715) 799-3835
DV Main Line - (715) 799-3931
DV Hotline - 1-888-799-3931
Runaway Hotline - 1-800-474-6689

July 2007



Maehnowesekiyah Wellness Center



MISSION

- Provide culturally specific alcohol, drug, mental health, adolescent, domestic violence treatment, education, & support services for Native Americans & their families.
- Be responsive to community needs by providing a comprehensive continuum of ADDA & other support services
- Promote positive relationships between MWC, resource providers, & the community.



mooshoon



ROPES CHALLENGE DAY

**OFFERS
CHALLENGE AND
FUN**



31 climbers and 50 or so spectators braved the hot sun on Sat 6-23-07 to come out and challenge the MRCC (Menominee Ropes and Challenge Course). **"It was good to see more families come out to our event"** stated Mark Fuller, Maehnowesekiyah Ropes Instructor.

Jodi Fossum, the MRCC Coordinator stated also that **"We had a good turnout of both youth and their parents"**.

Lori Besaw, another instructor said that **"we had a steady stream of climbers"**.

Jodi welcomes groups and departments to contact us for more information on our services. (799-3835) **"We offer high and low element individual and team confidence building activities"**



Question:

"A friend of mine came by and said good-bye and they were not planning on taking a trip, this scared me, like I new they might be ready to commit suicide. What should I or what could I do when this happened?"

Answer:

Thank you for your question and you are right it is scary when someone is acting out these type of behaviors. Listed below are some warning signs to be aware of. Again these are warning signs to watch out for and if you see these appearing get help or contact help right away.

WARNING SIGNS TO BE AWARE OF:

- Talk Of suicide or just death in general.
- Talk Of "going Away".
- Talk Of things "they won't be needing".
- Giving things away .
- Talk of feeling hopeless or guilty.
- Not taking part in things and activities
- Aloof from friends and family
- Trouble thinking and concentrating clearly.
- Change in sleeping and eating patterns.
- Self destructive behavior.(Ex.Drugs, alcohol, and cutting themselves)

Responding To A Suicide Emergency

Each day in the United States, 85 people commit suicide and about 2,000 people attempt it. Emergency physicians all too often see self-inflicted injuries, particularly by teenagers who are attempting to end their lives. Nearly \$41.3 million is spent each year saving those who try to kill themselves. "Suicide can be prevented if people learn to recognize the signs of a suicidal person before he attempts to end his life," said Toni Mitchell, MD, of the American College of Emergency Physicians (ACEP). "If you or someone you know suffers from depression, substance abuse, or has ongoing thoughts of death or suicide or if a suicide attempt has been made, contact a physician or mental health professional."

If someone is threatening to commit suicide, take it seriously. Be calm and follow these steps to help you manage the crisis:

- Don't try to handle a suicide threat or attempt alone. Involve other people. You don't want to risk your own health and safety.
- Call 911 or the local emergency response number, if necessary. Contact the person's doctor, the police, a crisis intervention team, or others who are trained to help.
- While waiting for help to arrive, listen closely to the person. Let the person know you are listening by maintaining eye contact, moving close to the person or holding his or her hand, if appropriate.
- Ask the person questions. Find out if the person has a specific plan for suicide. Try to determine what method of suicide the person is considering.
- Acknowledge the person's feelings. Be understanding, not judgmental or argumentative.
- Remind the person help is available and things will get better. Stress to the person that suicide is a permanent solution to a temporary problem.
- Don't promise the person threatening suicide that you will keep this confidential. You may need to speak to a physician or mental health professional in order to protect the person from injury.
- Don't leave a suicidal person alone until you are sure they are in the hands of competent professionals. If you have to leave, make sure another friend or family member can stay with the person until they can receive professional help.
- If a person attempts suicide, immediately call for emergency medical assistance. Administer first aid, if necessary. If you know the person swallowed poison or drugs, call the Poison Control Center. Be prepared with the name of the poison or drug used.

UNDERAGE DRINKING FORUM

SURGEON GENERAL ISSUES A CALL TO ACTION!!

Acting Surgeon General Issues National Call to Action on Underage Drinking 3/06/07

In its first *Call to Action* against underage drinking, the U.S. Surgeon General's Office appealed today to Americans to do more to stop America's 11 million current underage drinkers from using alcohol, and to keep other young people from starting.

Acting Surgeon General Kenneth Moritsugu, M.D., M.P.H., laid out recommendations for government and school officials, parents, other adults and the young people.

New research also indicates that alcohol may harm the developing adolescent brain. The availability of this research provides more reasons than ever before for parents and other adults to protect the health and safety of our nation's children.

Although there has been a significant decline in tobacco and illicit drug use among teens, underage drinking has remained at consistently high levels. The 2005 National Survey on Drug Use and Health estimates there are 11 million underage drinkers in the United States. Nearly 7.2 million are considered binge drinkers, typically meaning they drank more than five drinks on occasion, and more than two million are classified as heavy drinkers.

This Call to Action is attempting to change the culture and attitudes toward drinking in America. We can no longer ignore what alcohol is doing to our children."

"Too many Americans consider underage drinking a rite of passage to adulthood," said Dr. Moritsugu.

"Research shows that young people who start drinking before the age of 15 are five times more likely to have alcohol-related problems later in life.

WHAT CAN WE DO ABOUT IT?

Developed in collaboration with the National Institute on Alcohol Abuse and Alcoholism (NIAAA) and the Substance Abuse and Mental Health Services Administration (SAMHSA), the Call to Action identifies six goals:

- Foster changes in society that facilitate healthy adolescent development and that help prevent and reduce underage drinking.*
- Engage parents, schools, communities, all levels of government, all social systems that interface with youth, and youth themselves in a coordinated national effort to prevent and reduce underage drinking and its consequences.*
- Promote an understanding of underage alcohol consumption in the context of human development and maturation that takes into account individual adolescent characteristics as well as environmental, ethnic, cultural, and gender differences.*
- Conduct additional research on adolescent alcohol use and its relationship to development.*
- Work to improve public health surveillance on underage drinking and on population-based risk factors for this behavior.*
- Work to ensure that policies at all levels are consistent with the national goal of preventing and reducing underage alcohol consumption.*

SOURCE: hhs.gov

Send In your responses or any UAD discussion topics that you would like to address to rchevalier@MITW.ORG

Mahnowesekiyah Employee Anniversaries!

Sa-Sawn Madosh 3 years
Muriel Waupoose 15 years



Thank You

How to become rich:
John D. Rockefeller's 3 simple
rules for anyone who wants to
become rich:
1. Go to work early
2. Stay at work late
3. Find oil

The staff at Mahnowesekiyah
would like to say farewell and
good luck to Rose Waupoose-
Tucker who has
decided to leave us!
Good luck and enjoy!
**YOU WILL BE
GREATLY MISSED!!**



Mahnowesekiyah Employee Birthdays!



Warren 'Eagle' Chevalier 7/14
Rose Waupoose-Tucker 7/16
Roarah Teller 7/28
Jeff Langlois 7/28



Our character is what we do when
we think no one is looking.
~Author Unknown~

A film crew was on location deep in the desert. One day an Old Indian went up to the director and said, "Tomorrow rain."

The next day it rained.

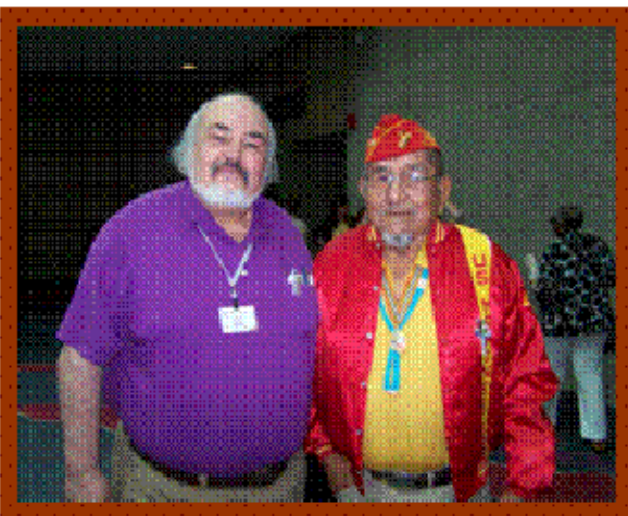
A week later, the Indian went up to the director and said, "Tomorrow storm."

"This Indian is incredible," said the director. He told his secretary to hire the Indian to predict the weather. However, after several successful predictions, the old Indian didn't show up for two weeks.

Finally the director sent for him. "I have to shoot a big scene tomorrow," said the director, "and I'm depending on you. What will the weather be like?"

The Indian shrugged his shoulders. "Don't know," he said, "Radio broken."

Author Unknown



Staff meet Navajo Code Talkers

On June 12 2007 Maehnowesekiyah staff while at the SAMHSA/IHS Behavioral Health Conference in Albuquerque New Mexico had the honor to hear a presentation from a few World War II Veteran Navajo Code Talkers.

The honored veterans spoke of our youth and that we should encourage them to learn to **"Speak and carry on their languages"**. They also encouraged us to refer to our youth **"Not as kids, but as young people"**.



MAEHNOWESEKIYAH DOMESTIC VIOLENCE PROGRAM DOMESTIC VIOLENCE TRAINING By: Carol Wautlet

On June 20th, Maehnowesekiyah Domestic Violence Program presented part two of **"Keep The Fire Going"** at Menominee Casino. This training was a cooperative effort between Menominee Tribal Social Services, Tribal Daycare, and Maehnowesekiyah Wellness Center and Domestic Violence program.

About 55 people were in attendance; the participants were professionals, community members, and people from other Tribes including **Oneida**, **Potawatomi** and **St Croix** area. Participants were very interactive and asked a lot of good questions, offering comments all throughout the training. Opening introductions were done by **Yvonne Waukau**, Elder, domestic violence survivor and shelter assistant. The opening prayer was done by **Osbourne Crowe**.

Jeff Langlois presented information about the dynamics of domestic violence, **Carol Wautlet** presented information on safety issues, and **Lisa Brunner**, Executive Director with Community Resource Alliance Tribal Coalition, Calloway, Minnesota, spoke on sexual assault and domestic violence issues for native women.

Also **Toni Caldwell**, Tribal Domestic Violence Prosecutor was present to discuss elements she needs to prosecute a case. There were several drawings for door prizes throughout the training. Other free trainings will be offered in the future if you missed this opportunity.



A Bird's Song

**BY SHANNON
STIRNWIES**



**Two sumo/football wrestlers
prepare to fight at the WISE
WOMAN GATHERING June
23rd at the Neopit
Community Center**

**Line of dancers do the Cha-
Cha slide at the annual Teen
Night on June 28th.
LOOKING GOOD!!**



**Maehnowesekiyah participated in the above
*Drug And Alcohol Free Community events***

SEVEN TEACHINGS



HONESTY-Onāmw

**Treat others in a good way-as you
would wish to be treated. Making
good honest decisions will make
you feel good in your heart- Elder**

Each month a new teaching will be featured.

TREATMENT SERIES



The following is the first article in a series about the programs and services that Maehnowesekiyah Wellness Center offers

PRE-REGISTRATION

By Heather Barnes,

The first step is to pre-register. The purpose of the pre-registration appointment is to obtain information about the referral source, income verification, and insurance information. Appointments are **ONLY** completed on Mondays and Fridays, and only take about 15-20 minutes to complete. If there is a conflict and you cannot make your appointment, call to reschedule.

The assessment fee is due at the time of the pre-registration appointment. If the fee is not paid at the time of pre-registration, no assessment appointment can be made. After all documentation is received at the appointment, and the assessment fee is paid in full, an assessment appointment will be scheduled.

Documents to bring with you:

Assessment fee, Income documentation (check stubs, W-2's, SSI Award Letter, etc), Insurance card/MA card and Referral information - name, address, telephone number, etc - this can pertain to courts, Judges, lawyers, other referring agencies, etc.

YOUTH WELLNESS GROUP

In Full Session...

The Maehnowesekiyah YOUTH WELLNESS GROUP summer session is in full swing. The 12 week program helps its youth members to address areas such as life skills, decision making, alcohol and drug related information, feelings, and family issues.

Adolescent Counselors Jodi Fossum and Lisa Nunway facilitate the groups sessions. Jodi states that "*Life skills include conflict resolution, decision making, making healthy choices in friends/relationships, and dealing with peer pressures*".

Most of the referrals come from the schools or the courts, however self referrals can also be made as Jodi states "*We encourage any individuals who feel they could use help to contact us for more information*". Jodi or Lisa also attend Tuesday Evening Night Court where underage drinking and curfew citations are dealt with.

If you would like more information on the YOUTH WELLNESS GROUP you may contact JODI or LISA at Maehnowesekiyah Wellness Center at (715) 799-3835.



Maehnowesekiyah Wellness Center

TEACHING LODGE

5:30-7:30PM THURSDAY EVENINGS

July 5th

August 16th

July 19th

August 30th

August 2nd

September 6th



Bring dish to pass, dish bag, blanket, family & friends

Funded by SAMHSA contact Mary Webster for more info

799-3835





**A NEW TEACHING
LODGE IS
CURRENTLY UNDER
CONSTRUCTION**

TEACHING LODGE

PART 1 A new Teaching Lodge is currently under construction at Maehnowesekiyah behind the residential house. **"every two years the lodge is replaced"** stated Mary Webster who heads up the project. The purpose of the lodge is to help **"teach our staff, clients, residents, youth and community about our traditional ways"**.

The Teaching lodge features Community/Elder Speakers, Dances, food and other traditional teachings. The public is welcome to attend.

Many of our Brothers and Sisters from other Tribes came over to help build our lodge including Oneida, Stockbridge-Munsee, Potawatami and Sokoagan Chippewa, stated Mary. **Waewaenen, to all that helped.** Stay tuned for PART 2

